

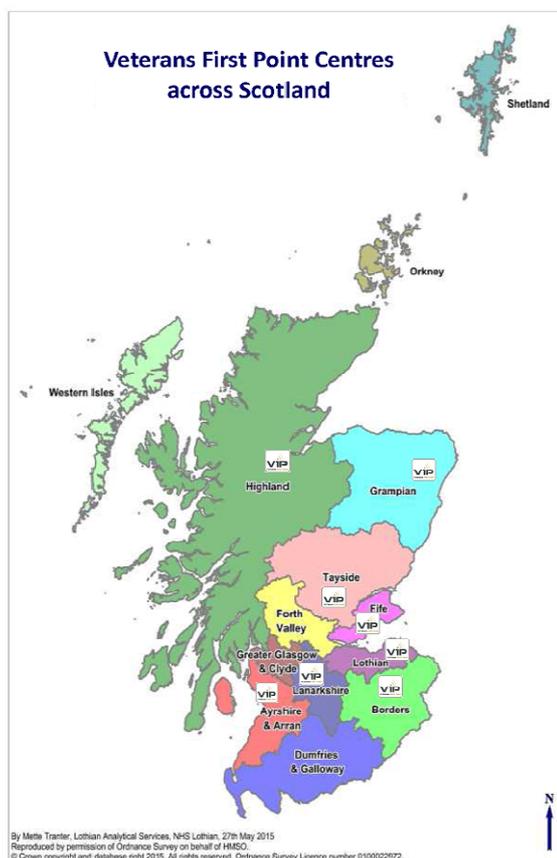


*Merry Christmas and
Happy New Year*

Hello,

Another year has gone and the holiday season is upon us again. The Veterans First Point Scotland Development Team hopes you and your families are staying warm and dry in the typical Scottish winter. We thought it would be useful to update you on the progress we have been making since our last newsletter in August 2016. The Veterans First Point network has continued to grow and develop with the November Network Meeting being one for the record books since we expanded our attendance to include representatives from SW Veterans Services in England, other NHS health boards across Scotland and representatives of the Defence Primary Healthcare Service. Induction Training has been completed for Grampian and Ayrshire and Arran is scheduled for January 2017. We hope you find this newsletter helpful, and please get in touch to discuss any aspect of the programme or to share any further ideas you may have to support veterans, their families and communities across Scotland.

Veterans First Point across Scotland



Ayrshire & Arran – Recruitment nearly completed, Induction Training planned for January 2017. Centre to open in Irvine.

Borders – Service is operational and has established new premises in Galashiels.

Fife – Service is operational with established centres in Kirkcaldy and Dunfermline; looking for new centre in Northeast Fife.

Grampian – Staff Induction Training completed this month, service due to commence in January 2017.

Highland – Service is operational and developing “journeys” across the Highland region.

Lanarkshire – Service is operational following a successful launch in October

Lothian – Service is operational and providing support to the Network Centres

Tayside – Service is operational with new developments in the pipeline

Ayrshire & Arran



V1P Ayrshire & Arran are finally coming together and are so excited about developing the service in Ayrshire! Lindsay Kirkwood, Clinical Lead and Anne Taylor, Administrative Support are now in post and the three part- time Peer Support Workers have been appointed and are expected to join the team early January 2017. Recruitment for the Psychological Therapist is underway.

The team has premises at 12 - 14 Bridgegate in Irvine and are busy setting up clinic space and IT systems. They are hoping to launch Veteran's First Point Ayrshire & Arran January/February 2017.

For further developments in Ayrshire & Arran, please contact V1P Scotland at 0131 221 7090 or V1P.Scotland@nhslothian.scot.nhs.uk

Borders



Borders are being kept busy with a growing number of referrals. It is good to see a variety of sources for the referrals, with self-referral being one of the main sources. The Team have been running a fortnightly evening drop-in since August which is increasing in popularity. This offers a very informal setting with the opportunity to have a chat and share a meal together.

http://www.bordertelegraph.com/news/14839097.V1P_service_continues_to_serve_veterans_in_Galashiels/?ref=mr&lp=11

Until December, the team had an Occupational Therapy student on placement with them which was very useful for some of the veterans to be able to access a different type of support. The Team has acquired new premises in Low Buckholmside, Galashiels TD1 1RT, however they are still using NHS Borders, Newstead Melrose TD6 9BS as their postal address.

For further developments in Borders, please contact V1P Borders at 01896 668551 or V1P@Borders.scot.nhs.uk

Fife



Veterans First Point Fife host community drop in centres in Kirkcaldy and Dunfermline. The Cupar drop-in has been suspended, due to low demand. The Team are again looking at options for Northeast Fife in 2017.

The administrative centre is located in Cardenden, and offers peer support workers and clinician appointments in various locations across Fife. They are advertising a PSW vacancy due to one of the PSWs, Emma Maitland, being on maternity leave having given birth to baby Olivia on 6th October 2016. PSWs Dean and Teresa have been doing sterling work in meeting the

increased demands on them in the meantime; Dean is now a certified Outcomes Star trainer. Fife has also been participating in the pilot placement of Occupational Therapy students.

For further developments in Fife, please contact V1P Fife at 01383 565393 or Fife-UHB.VeteransFirstPoint@nhs.net

Grampian



V1P Grampian Team comprises of Neil Murray, Project lead; Fiona Molloy, Psychological Therapist; Lisa Malcolmson, Clinical Support to the PSWs; Marie McWilliam and Vickie Mosemann, PSWs and Paula Bray, Office Co-Ordinator. The team still have one vacancy to fill for a further Peer Support Worker, which they hope to fill soon. It is anticipated the Grampian Service will launch in January 2017. For this, they have spent some time developing communications with the local and national agencies to have a wide network of resources and expertise available to assist the local veterans. Drop in sessions will occur in Rosemount Community Centre, Belgrave Road, Aberdeen, AB25 2NS, days and times to be confirmed and Moray Resource Centre, Maisondieu Road, Elgin, IV30 1RX and these will be held on a Tuesday afternoon weekly, times to be confirmed.

For further developments in Grampian, please contact V1P Grampian 01224 557695 or nhsg.v1pgrampian@nhs.net

Highland



In the Highlands, Veterans First Point has an active base alongside PoppyScotland, welcoming veterans who can travel into Inverness. The first of the big journeys (tours) to rural areas have taken them to Fort William in the South and Helmsdale in the North. By developing regular tour routes, they hope to bring veterans from different locations together, as well as bringing peer support to veterans who live in isolated communities.

They are developing a presence on social media, as one means of keeping in touch between tours. In the next months they plan to build on this by working closely in partnership with organisations who are also exploring use of technology. Over the next period and alongside partners they will explore the theme “goes the extra mile.” It was just five months ago that they opened their doors to the first veteran in V1P Highland and they hope to continue offering their service to many more veterans and their families. Later this month they will have their first service review with support

from V1P Scotland and will share some of their learning from this review in the next newsletter.

For further developments in Highlands, please contact V1P Highland at Poppyscotland on 01463 710300 or nhshighland.veteransfirstpoint@nhs.net

Lanarkshire



Lanarkshire celebrated its formal launch on Friday, 21st October at the Alona Hotel in Strathclyde Park. This event was a huge success with more than 100 guests and a number of follow-up stories within the press. The event itself featured the inspirational stories of Veteran, Deborah Burns (a peer support worker for V1P) and Veteran Joseph Walker (a local man who has overcome much adversity). They also heard the poignant sounds of the bagpipes, played by military piper, Lt Cpl Trevor Macey-Lille, and the moving poems of military Poet, Tam Murray. The team gave a presentation introducing the service to Lanarkshire and held a networking session over lunch with a number of our partner organisations in the community hosting stalls.

In other news, Lanarkshire has now been open for more than two months and are delighted to say that their Access Points are in regular use and are getting busier by the week.

In addition we are happy to be an organisation within Lanarkshire contributing to making a “suicide-safer community”. http://www.prevent-suicide.org.uk/asist_suicide_intervention_skills_training_course.html

For further developments in Lanarkshire, please contact V1P Lanarkshire at 0300 303 3051 or LanarkshireV1P@lanarkshire.scot.nhs.uk

Lothian



The Lothian team remains busy with 57 referrals received, 65 Registrations and 38 clinical assessments carried out in the last quarter. Peer lead activities include a music group, fly fishing and fly tying in addition to the regular drop-in service. They have an ongoing photography exhibition after their annual involvement in The Scottish Mental Health Arts and Film Festival (SMHAFF) in October. Updates on the Prison In-reach and their successful IPS pilot are also noted in this Newsletter.

For further developments in Lothian, please contact V1P Lothian at 0131 220 9920 or enquiries@veteransfirstpoint.org.uk

Tayside



The V1P Tayside service was formed in June 2015 and became operational in September that year. With over a year's experience of working directly with veterans and their family members, the service is looking towards new developments to continue to enhance the service they offer in partnership with veterans who use the service. To date, they have supported over 100 veterans and their families by their team comprising peer support workers and mental health professionals.

The first development opportunity is creating and implementing a programme of group-based activities. They hope to offer peer support worker led groups with an emphasis on social and activity based groups. They also plan to develop a therapeutic group based on providing psycho-education and psychological skills development to those veterans experiencing mental health difficulties. The V1P Scotland Network is co-ordinating a training programme to help share good practice and provide some consistency of service offering across the different regional V1P sites.

Secondly, they are in the process of implementing a volunteer strategy. They know there are a number of people living in the Tayside area, some of them veterans, who wish to support the work of the service. The Team hope to recruit a group of volunteers in the New Year who will support the staff within the service to manage the drop-in service, activity groups and provide transport support.

V1P Tayside continue to work closely with a range of stakeholders, including the local Stand Easy Project which writes and performs theatre productions of important military events and recruits local veterans as actors. They have also recently been approached by a local artist, himself a veteran, to ask if he can use the V1P Tayside base to create an art exhibition themed on veteran issues. They hope to host this event in Spring 2017.

For further developments in this area, please contact V1P Tayside at 01382 206207 or vfp.tayside@nhs.net

Evaluation Update

The Network Teams continue to gather data as part of the evaluation led by Susan Prior and supported by Miriam Crowe of Queen Margaret University. A fuller feedback report will be circulated to the Teams to ensure high quality and complete submissions continue to be received. All operational teams now have hard copies and electronic copies of evaluation paperwork, if you think you are missing any paperwork or electronic files please contact Susan Prior at sprior@gmu.ac.uk

Following our recent Network meeting Dr Beverly Bergman was able to provide helpful advice regarding why type and duration of service has changed over the years. Susan is keen to have a contact point for advice and consultation from within and across the V1P Network.

Veterans First Point invited to Edinburgh Castle

Members of Veterans First Point Scotland and Lothian were invited by the Governor of Edinburgh Castle, Major General Michael Riddell-Webster CBE DSO to be guests at the Royal Salute on Monday, 14th November at Edinburgh Castle to mark the birthday of His Royal Highness The Prince Charles, Duke of Rothesay. This was a special invitation to services that work in the support of the Veterans community. The Royal Salute was fired by members of the 14th Cole's Kop Battery, 16th Regiment Royal Artillery and was supported by The Band of The Royal Regiment of Scotland. The Reviewing Officer was Chaplain to the Queen, Professor Norman Drummond CBE.



Firing of the 21 gun salute at Edinburgh Castle
Photo courtesy of Mark Owens, Army in Scotland Media



From left –Major General M L Riddell-Webster, Reverend Norman Drummond, V1P Lothian Sara Hennah, V1P Scotland Ann-Marie Corkerton and V1P Lothian Charlie Allanson-Oddy.
Photo courtesy of Torquil Corkerton

Veterans First Point Scotland National Conference

Veterans First Point Scotland is already working on The Second Annual Veterans First Point Scotland Conference, with the aim of holding it in May 2017. It promises to be as educational and informative as the first held on 23rd March 2016. Details will follow once plans are firmed up.

Veterans First Point Scotland National Network Meeting

The V1P Scotland Network Meeting, chaired by Dr Alex Quinn, was held on Friday 4th November at Waverley Gate in Edinburgh. We were joined by colleagues from Veterans' Services in NHS England and Wales, as well as colleagues from the Defence Primary Healthcare Service. Dr Claire Fyvie, one of the original drivers behind the service spoke of her experiences in developing the service in 2007 and then we were brought up to date with events in SW England by Dr Rachel Paskell as well as hearing of the services available to and transition needs of Navy personnel from Surgeon Commander Beth Crowson and Commander Jim Hayle.

Each of the Network Teams provided an update of their areas, with Tayside providing a more in-depth overview of the challenges and opportunities in their first year of service provision and Lothian providing an update of their test of concept projects; Criminal Justice and Individual Placement Support.

Presentations from students in Occupational Therapy, Ellie Ormiston, and Psychology, Bronagh Weir, were also well received – more information to follow. The day concluded with an update of the service evaluation from Susan Prior of Queen Margaret University. Everyone who attended found the event informative and new relationships and links were formed to ensure we can continue to best serve our Veteran community.

Veterans First Point Scotland: Tests of Concept

Criminal Justice Social Work Pilot

V1P Lothian continues to liaise with the Sector Manager for Criminal Justice and Community Intervention Teams in Edinburgh. Awareness of the welfare and clinical support offered at V1P is continuing and there has been an increase in Social Work/Criminal Justice Social Work enquiries and referrals to V1P compared to previous years. It is anticipated that the pilot will continue to develop current and future relationships with Social Work.

Individual Placement Support (IPS) Pilot

The first stage of the IPS pilot at V1P Lothian draws to an end in January 2017. To date, the pilot can demonstrate high quality of work with clients and job outcomes. A phase one report will make a number of recommendations on future delivery of the IPS evidence based Supported Employment model for the V1P Scotland Network.

Working with the Military

Following a successful presentation to the Clinical Leads of the Defence Primary Healthcare Service, we are now exploring pathways to optimise the transition for veterans leaving the Royal Navy, as well as the Army with the Royal Air Force still on the radar!

We have also established a MoU with the PRU and look forward to maintaining close working relationships with Lt Colonel Hugo Clark and his team as we move forward.

Partnership working

Veterans First Point continues with our ethos of partnership working through the development of a MoU with Defence Medical Welfare Services. This is a work in progress and we aim to complete this by the end of the year.

Research and Training

Research – Bronagh Weir

Bronagh was awarded an MSC in Psychology from Stirling University in November 2016 and is working to publish the Peer Support Study in the Journal of Mental Health in the New Year with support from Dr Lucy Abraham and Charlie Allanson-Oddy. The study identified four superordinate themes of the role of the Peer Support Worker: as positive first impression, understanding professional friend, helpful and supportive connector, and an open door. Veteran clients felt welcome, reassured and understood; a credible sense of military connectedness; friendship and inspiration to help others; gratitude for getting the support they needed; and confident they could re-engage if needed.

Bronagh has been on placement with the Development Team for a year and has provided invaluable support to the networking events with presentations as well as assisting with administrative tasks. Bronagh would like to extend her sincere gratitude to all of the Veterans, V1P Lothian participants and to the V1P Scotland team for all of the support and encouragement received throughout 2016, in particular to Sharon Fegan and Ann-Marie Corkerton. She will be greatly missed!

Building our Capacity

The V1P Fife, Borders and Lanarkshire teams have successfully hosted Post Graduate Occupational Therapy Students from QMU this semester. We are aiming to build on this for 2017 by including students from Robert Gordon University in Aberdeen. V1P Borders will be hosting a student from QMU in January 2017 and will hopefully be a helpful addition to the team.

V1P Scotland: Creating a culture of research, future funding and training programme for 2017.

The V1P Team Leads will be meeting on 19 December with Linda Irvine, Strategic Lead for V1P Scotland to explore a cohesive research programme, agree priorities for future funding and confirm the training programme for 2107 following a recent skills audit. There will also be discussion regarding V1P Scotland's contribution to next year's Scottish Mental Health and Arts and Film Festival.

Veterans First Point Training

Induction training

Planned Induction training for V1P Grampian and Ayrshire & Arran will complete one of our initial training goals. This will enable us to focus on the future needs of our V1P teams and Partners.

Training modules

The Development Team in partnership with the Network Teams have been researching one and two-day training modules on a range of topics and we would hope these courses would be of interest to other agencies working with veterans. We aim to be providing these during 2017.

The Scottish Veterans Funds 2017 - 18

The Scottish Veterans Fund 2017-18 is now open for applications. Colonel Martin Gibson, Executive Chairman of Veterans Scotland, said:

"We welcome the continued support to ex-Service charities and other organisations from the Scottish Veterans Fund and we recognise the benefits that such grants can bring for individuals. The potential to have funding over a two to three year period means that a number of initiatives will be able to become well established and make a real difference to those, comparatively few, veterans who really need support. I anticipate many Service leavers finding meaningful and worthwhile employment as a result of the short to medium term initiatives that will come about as a result of this funding. In turn, they will bring their considerable skills and attributes into the work place in Scotland. We are grateful to the Scottish Government and to Standard Life for their generous contribution."

The Scottish Veterans Fund Veterans will support Veterans and ex-service charities with £600,000 of funding over the next three years, including a three-year £240,000 contribution from Standard Life to support veterans' employment.

The fund will continue to help one-year projects, but for the first time applicants will now also be able to bid for two or three year funding to enable more strategic projects to come forward.

[Download the 2017-18 Application Criteria here >>](#)

<http://www.veteransscotland.co.uk/SCOTTISH%20VETERANS%20FUND%202017-18%20GUIDANCE%20FOR%20APPLICANTS.pdf>

[The 2017-18 Application form is also available to download here >>>](#)

<http://www.veteransscotland/co.uk/SCOTTISH VETERANS FUND 2017-18 APPLICATION FORM.docx>

V1P Scotland: Who we are

- ❖ Dr Lucy Abraham - Consultant Clinical Psychologist and Veterans First Point Scotland Service Lead – on Maternity Leave until 13th June 2017 (1.0 wte)
- ❖ Ann-Marie Corkerton - Project Support Officer (1.0 wte)
- ❖ Sharon Fegan - Consultant Psychological Therapist (0.6 wte)
- ❖ Linda Irvine - Strategic Lead (0.1 wte)
- ❖ Dr Alex Quinn - Psychiatrist (0.1 wte)

You can contact us by:

Email: V1P.Scotland@nhslothian.scot.nhs.uk

Website: www.veteransfirstpoint.org.uk

Phone: 0131 221 7090

V1P Network Contact List

V1P Ayrshire & Arran	Phone: 0131 221 7090 (V1P Scotland) Email: V1P.Scotland@nhslothian.scot.nhs.uk
V1P Borders	Phone: 01896 668551 Email: V1P@Borders.scot.nhs.uk
V1P Fife	Phone: 01383 565393 Email: Fife-UHB.VeteransFirstPoint@nhs.net
V1P Grampian	Phone: 01224 557695 Email: nhsg.v1pgrampian@nhs.net
V1P Highland	Phone: PoppyScotland on 01463 710300 Email: nhshighland.veteransfirstpoint@nhs.net
V1P Lanarkshire	Phone: 0300 303 3051 Email: LanarkshireV1P@lanarkshire.scot.nhs.uk
V1P Lothian	Phone: 0131 220 9920 Email: enquiries@veteransfirstpoint.org.uk Website: www.veteransfirstpoint.org.uk
V1P Scotland	Phone: 0131 221 7090 Email: V1P.Scotland@nhslothian.scot.nhs.uk
V1P Tayside	Phone: 01382 206207 Email: vfp.tayside@nhs.net